

Based on the proposal of the Organizing Committee of the International Competition in the Management of Traumatic Injuries, International Trauma Rescue Challenge, the governing body of "Wake Up the Hero – Medical Students and Healthcare Professionals Association", at the session held on July 20, adopts the

COMPETITION RULES AND REGULATIONS

International Trauma Rescue Challenge

Article 1 – General Provisions

These Rules and Regulations govern the organization and implementation of the competition.

The International Trauma Rescue Challenge (ITRC, short name: Trauma Rescue Challenge – TRC) is an international competition for medical students and healthcare workers aimed at enhancing knowledge, practical skills, team communication, and decision-making in the management of traumatized patients through simulated scenarios.

The competition is conducted in accordance with the principles of professional conduct, fair play, and mutual respect among all participants.

Article 2 – Organizer and Co-Organizer of the Competition

The founder and organizer of the competition is "Wake Up the Hero – Medical Students and Healthcare Professionals Association" (hereinafter: the Founder).

If the Founder awards hosting rights to another organization or institution, they assume the responsibility for the organization in their local area, while consulting "Wake Up the Hero – Medical Students and Healthcare Professionals Association" on all competition-related decisions.

Prospective hosts are obliged to include member(s) of the Founder in the organizing committee.

Article 3 – Participants

Students of medicine and other related health sciences, as well as healthcare professionals (physicians, nurses/technicians), are eligible to participate.

Exceptionally, by decision of the Organizer, other teams from related fields of activity may also compete.

If it is determined that a competitor does not meet the conditions set in these Rules and Regulations, the Organizer may refuse their participation in the competition.

Article 4 – Competition Categories

The competition may be organized in two categories: for students and for professional healthcare workers.

In the student category, students of medicine and related healthcare studies, as well as firefighters, first aid teams, and others, may compete, subject to the decision of the Organizer.

Teams of professional healthcare workers consist of two to three members, with a maximum of one Medical Doctor (MD).

Article 5 – Team Registration

The Organizer shall publish a competition announcement in a timely manner, and no later than two months prior to the competition date, containing all relevant information regarding registration and participation.

The announcement must contain:

- The date and location of the competition,
- The method and deadline for team registration,
- Any limitations on the number of teams, and other relevant information necessary for participation in the competition.

Teams must register in the manner and by the deadline specified in the competition notice.

Team registration must contain all information about the team that the Organizer deems necessary.

Following the close of registrations and review of applications, the Organizer is obliged to notify registered teams of their application status—specifically, regarding the acceptance or rejection of their application for the competition.

Article 6 – Participation Fees

Participation in the competition is subject to payment of a registration fee, the amount, payment method, and deadline of which are determined by the Organizer.

The Organizer is obliged to inform potential teams in a timely manner of all relevant information related to payment of the registration fee.

The registration fee is used to:

- Cover the organizational costs of the competition,
- Implement scenario stations,
- Provide necessary materials, and
- Cover other costs related to the organization of the competition (accommodation, food...), depending on the competition plan and the decision of the Organizer.

Details regarding the payment of the registration fee will be published to participants in a timely manner by the Organizer.

If the registration fee is not paid by the specified deadline, the Organizer may cancel the team's registration.

If a team cancels its registration for the competition within the timeframe set by the Organizer, the refund of the paid registration fee will be decided by the Organizer, taking into account incurred organizational costs.

If a team cancels its registration after the specified deadline, the Organizer may retain all or part of the registration fee.

In the event of competition cancellation, the Organizer will notify teams in a timely manner and issue a refund of the paid registration fee.

Article 7 – Competing Teams

The number of teams is determined by the Organizer.

If the number of registered teams exceeds the available slots, the Organizer reserves the right to select teams based on the time of application receipt as well as other organizational and professional criteria, depending on the operational requirements of the competition.

Each team consists of three (3) competitors, and the team may also register an alternate member for the competition.

Team composition cannot be changed after registration, except in exceptional circumstances decided upon by the Organizer.

Teams with a registered alternate member may change their member roster before the start of each station.

Replacement of the team leader is permitted prior to the start of the competition; however, after the competition has started, the team leader must remain the same member throughout all stations, except in exceptional cases such as injury or illness of the leader during the competition.

Article 8 – Competition Content

The competition is practical in nature, and knowledge and skills are tested at scenario stations representing various simulated injury scenarios and conditions.

Between stations, teams will spend time in a controlled area without contact with other teams, to ensure equal criteria and confidentiality of the competition.

Article 8a – Preparation Literature

The competition is conducted according to current ITLS (International Trauma Life Support) guidelines. However, scoring will also accept correct management procedures that align with current other and local guidelines and protocols of the country the competitor originates from, or internationally.

Article 8b – Competition Equipment

The equipment required for victim management at the stations must be provided by the Organizer.

If a team wishes and has the capacity, it is permitted to bring its own equipment, in accordance with the guidelines of these Rules and Regulations.

Equipment includes:

- A trauma bag with necessary medical supplies for each team, and
- Additional equipment located at the stations.

Minimum equipment in the trauma bag:

Gloves	50 pairs
Sterile gauze and compresses (various sizes)	30 pcs
Calico bandage(various sizes)	30 pcs
Sterile bandage (various sizes)	5 pcs
Burn dressing (various sizes)	3 pcs
Disinfestant /disinfectant wipes	100 mL /40 wipes
Adhesive tape	3 pcs
Isothermal emergency blankets	6 pcs
Triangular bandages	10 pcs
Plastic bags (various sizes)	10 pcs
Saline solution	1 bottle
IV set (cannula + tubing)	3 sets
CPR face shield	5 pcs
Safety pins	5 pcs
Blunt-tipped scissors	1 pc
Pulse oximeter	1 pc
Pen and notepad	1 pc

The Organizer will provide replenishment of medical supplies.

After each station, the team is required to restock the bag with materials used at the previous station to be ready for the continuation of the competition.

Depending on the requirements of the station, the Organizer will provide additional equipment standard to EMS (Emergency Medical Services) vehicles, which teams are required to use.

Other equipment at the station:

Long spine board	1pcs
Scoop stretcher	1pcs
Vacuum mattress	1pcs
Cervical collar	3pcs
Immobilization splints	10pcs
AED	1pcs
Oxygen cylinder, nasal cannulas, masks and non-rebreather mask with reservoir bag (pediatric and adult)	1pcs
Defibrillator with 12-lead ECG	1pcs

Article 8c – Scenario Stations

Depending on the category of competing teams, the Organizer will prepare a minimum of three (3) active stations. Their content and total number are decided by the Organizer, in collaboration with relevant professional bodies.

Each station features a different simulated trauma scenario.

Between stations, teams will spend time in isolation to ensure equal criteria and confidentiality of the competition.

Each station lasts a total of 30 minutes, consisting of:

- Arrival at the location, scenario briefing, and execution of victim management (maximum 20 minutes),
- Team leader's report to the scenario supervisor (maximum 5 minutes), and
- Return to the central location (maximum 5 minutes).

The Organizer determines the exact time allocation for each phase.

Upon expiration of the allocated time, the scenario is automatically terminated, and the team is required to return to the starting position to be ready for the next scenario.

Article 8d – Scenarios

In accordance with competition confidentiality, scenarios remain secret until the start of the competition, when the person in charge receives the scenario sheet, scoring sheets for all teams, and other relevant information regarding each individual station.

Workstations will feature realistic scenarios such as:

- Bleeding and soft tissue injuries,
- Fractures, dislocations, and other extremity injuries,
- Head, spinal, and chest injuries,
- Burns,
- Injuries caused by external forces, and
- Acute medical and other emergency conditions.

The structure of the scenarios will differ for professional teams and students, in order to enable participation for students of all academic years.

Article 9 – Judges

Judging teams are appointed by the Organizer upon the recommendation of the expert panel involved in organizing the competition.

Each station has a judging team of at least three (3) members, consisting of physicians with appropriate expertise and/or emergency medical technicians/nurses.

Judges' decisions rendered according to official score sheets are considered valid and may only be challenged through the appeals procedure defined by these Rules and Regulations.

Article 10 – Evaluation Criteria and Scoring

Scoring is based on predefined forms that include:

- Scene safety evaluation,
- Primary survey (ABCDE),
- Secondary survey,
- Identification of life-threatening conditions,
- Correct execution of medical procedures,
- Correct use of medical equipment,
- Team communication,
- Task distribution,
- Decision-making,
- Professional conduct, and
- Overall success of injury and condition management.

The Organizer reserves the right to adjust scoring criteria depending on the specific characteristics of individual stations.

Each station carries a specified maximum number of points. A team's total score represents the sum of points from all stations.

The Organizer is obliged to provide competing teams with a sample evaluation form no later than seven (7) days prior to the competition, so they are familiar with the assessment criteria in advance.

Article 11 – Competition Organization

The competition follows a circuit format, and the order of rotation through stations is determined by drawing start position numbers.

All teams complete the same number of stations and scenarios, one after another.

The schedule and layout scheme of the competition will be provided to participants no later than seven (7) days before the start of the competition.

The Organizer reserves the right to modify the schedule for technical or safety reasons.

Article 12 – Standings

Final team standings are determined by the total number of points achieved across all stations, separately for both competition categories.

The Organizer may choose to introduce an additional final phase for a specific edition of the competition as a head-to-head match for top placement. In that case, the two best-performing teams from the first stage will compete in the finals, and the winner will be the team with higher points on the final scenario station.

In the event of a tie in points, standings are determined based on tie-breaker criteria defined in these Rules and Regulations.

The Organizer is required to post the results on the bulletin board no later than one hour after the expiration of the appeal period, at which point they are considered valid.

The winner of the competition is declared the recipient of the title: International Trauma Rescue Challenge Winner (ITRC Champion).

Article 13 – Tie-Breaker

In the event of equal overall points, priority is given to the team with a higher score at the station designated in advance by the Organizer as the most complex.

If teams remain tied, remaining stations will be evaluated sequentially according to their pre-assigned level of complexity.

Article 14 – Appeals Procedure

Upon completion of all stations, all teams will be granted access to view their own score sheets.

If a competing team considers that they were not scored correctly and/or disagrees with the score sheets, they may submit a written appeal to the Appeals Commission within 30 minutes of the score sheets' publication.

The team leader submits the appeal on a signed form (Appeal – Annex II). Appeals submitted past the deadline will be rejected.

The Appeals Commission is required to immediately begin resolving the appeal. If it is determined that the team was scored correctly, the appeal will be rejected. If a scoring error is found, the appeal may be partially or fully accepted.

The decision of the Appeals Commission will be communicated to the appealing team prior to the publication of final standings.

The decision of the Appeals Commission is final and not subject to further appeal.

Article 15 – Awards

Awards are presented to the top three ranked teams in each competition category. Awards will be provided by the Organizer.

The Organizer may also award special prizes, such as:

- Best Teamwork,
- Best Communication,
- Best Team Leader, and
- Top Score on an Individual Station.

The Organizer must decide on additional awards no later than seven (7) days prior to the competition and inform the competing teams.

Article 16 – Code of Conduct

Competitors are required to:

- Follow the instructions of the Organizer,
- Respect decisions made by judges,
- Act professionally toward other teams, and
- Use only equipment allowed at the station.

The following are strictly prohibited:

- Disrupting other teams,
- Using mobile phones or other communication devices during the competition,
- Using external sources of assistance (consulting non-team individuals, internet, etc.),
- Sharing information with teams that have not yet completed a particular station, and
- Photographing or recording scenarios without the Organizer's permission.

Article 17 – Scenario Confidentiality

Participants must not share information regarding station content with teams that have not yet completed the scenario.

Publishing photos on the internet is prohibited until all teams have finished competing.

Violation of this provision may result in point deductions or disqualification, at the discretion of the Organizer.

Article 18 – Disqualification

The Organizer may disqualify a team in the event of:

- Serious breach of competition rules,
- Compromising the safety of the competition,
- Unsportsmanlike conduct,
- Participating under the influence of alcohol or other psychoactive substances,
- Intentional interference with other teams,
- Refusal to obey instructions from organizers or judges,
- Use of technology or other sources of assistance outlined in Article 16, and
- Cheating or attempting to obtain information about scenarios.

In the case of a disqualification proposal, a Proposal for Disqualification form (Annex I) must be submitted.

The proposal may be submitted by a judge, a competitor, or the Organizer. The validity of the proposal is determined by the Organizer.

Article 19 – Use and Publication of Materials

The Organizer may use photographs, video recordings, and other materials created during the competition for public information, promotional, and documentation purposes.

By registering for the competition, participants grant consent for photography and filming during the event and for the use of resulting media to promote the competition and Organizer's activities, in accordance with applicable personal data protection regulations.

Photographs and videos may be retained and used for promotional and documentation purposes of the Organizer as long as a legitimate need exists.

Article 20 – Personal Data Protection

Personal data is processed in accordance with applicable personal data protection regulations. By registering, participants confirm they are aware of the processing of data for the specified purposes.

Data will be stored for the period necessary to execute the competition and related activities of the Organizer, and for a maximum of one year following the event.

For any questions regarding personal data processing, participants may contact the Organizer via official contact channels.

Article 21 – Final Provisions

The Organizing Committee reserves the right to amend the Rules and Regulations prior to the start of the competition, of which all teams will be notified in a timely manner.

By participating in the competition, teams confirm they are familiar with these rules and accept all provisions herein.

In the event of a breach of these Rules and Regulations, the founders will take appropriate measures.

These Rules and Regulations enter into force on the date of adoption.

Organizing Committee

Split, July 20, 2026

ANNEXES:

- 1) Proposal for Team Disqualification
- 2) Appeal

Annex 1: Proposal for Team Disqualification

Team		
Date, place and time		
Competition	International Trauma Rescue Challenge 2026	
Reasons for proposal		
<i>(Signature of Judge)</i>		
Station number:		
Proposal is:	1) ACCEPTED	2) REJECTED

Justification:

Members of the Competition Implementation Committee:

Annex 2: Appeal

Team		
Date, place and time		
Competition	International Trauma Rescue Challenge 2026	
Reasons for appeal:		
<i>(Signature of Team Leader)</i>		
Station number:		
Proposal is:	1) ACCEPTED	2) REJECTED

Justification:

Members of the Appeals Commission:
